

24-hour Ambulatory Blood Pressure Monitoring

Name: _____

Turn monitor off at: _____

Tomorrow, return the monitor, cuff, belt, and your “Activity Diary” to:

- › Room 803 on the 8th Floor of the Victoria Building, VG site

OR

- › the black bin on the wall outside of Room 803

24-hour Ambulatory Blood Pressure Monitoring

Your health care provider has asked you to wear an ambulatory blood pressure monitor for 24 hours (1 day).

Everyone's blood pressure changes throughout the day, and blood pressure is often higher in a health care provider's office or clinic. Taking several blood pressure readings over 24 hours of normal activity will give your health care provider more info to help them treat your hypertension (high blood pressure).

An ambulatory blood pressure monitor is a small electronic device with a blood pressure cuff attached to it. It will automatically take your blood pressure every 30 minutes from 7 a.m. to 10 p.m., and every 60 minutes from 10 p.m. to 7 a.m.

- Do not change your plans for the day you wear the monitor. You can do whatever you would normally do if you were not wearing it, except **DO NOT have a tub bath, shower, or swim.**
- During the day, when the monitor is about to take your blood pressure, you will hear a beep. Within 5 seconds, you will feel the cuff tighten on your arm.

IMPORTANT: When you hear the beep, stop what you are doing and hold your cuffed arm across your waist. If you are sitting in a chair, keep your feet flat on the floor, rest your back against the back of the chair, and do not talk or move.

- Once the monitor has taken your blood pressure, you can go back to what you were doing.
- If the monitor is not able to take your blood pressure, it will try again in 2 to 3 minutes. If it is still not able to take your blood pressure, it will try again in 30 minutes. The monitor will not display your blood pressure readings.
- **It is important that you wear the monitor all night.**
- It is helpful to make short notes about your activities during the 24 hours in the “Activity Diary.” Simply note the time and what you are doing, for example: “10 a.m.: gardening, noon: eating lunch, 1 p.m.: shopping,” etc.
- The cuff will get tight when your blood pressure is being taken, but it should be comfortable between readings. **If your arm gets red or sore, or your fingers start to tingle, it means the cuff is too tight. If this happens, loosen the cuff.**

- After the 24 hours, you may take the cuff off your arm and **turn the monitor off**. To turn the monitor off, remove it from the case, open the battery cover, flip one battery backwards, and replace the cover.
 - **The next day**, you must return the monitor, cuff, belt, and your “Activity Diary” to:
 - › Room 803 on the 8th Floor of the Victoria Building, VG site
- OR**
- › the black bin on the wall outside of Room 803
- Your blood pressure readings will be given to your health care provider to review.

Questions? Please call 902-473-6158.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.